

## Soothing Infant Crying

### Tips for comforting your crying baby:

- Stay calm;
- Check to make sure the baby isn't hungry;
- Check to make sure the baby has a clean diaper;
- Offer a pacifier or a toy;
- Sing or talk to the baby;
- Rock or walk with the baby;
- Take the baby for a ride in a stroller or car;
- Swaddle or wrap the baby in blanket;
- Hold the baby close to you, or place the baby skin to skin;
- Check to make sure the baby does not have a temperature;
- Call the baby's doctor to see if there is a medical reason or if the baby is sick.

### If nothing you have tried works:

- Gently lay the baby down on his back in his crib, and go to another room. Take a time out for yourself;
- Check on the baby every 5 to 10 minutes until the crying stops, or you feel calm and ready to interact again;
- Take deep breaths and count to 10;
- Try listening to music until you are calmer;
- Read a book or magazine;
- Call a friend or relative to talk, or ask for help. They may be able to come give you a break.

***Never, never shake a baby.***



## **Information on calming a crying baby:**

- [healthychildren.org/crying-colic/Calming a Fussy Baby](http://healthychildren.org/crying-colic/Calming_a_Fussy_Baby);
- [helpguide.org/When your baby won't stop crying](http://helpguide.org/When_your_baby_won't_stop_crying);
- [How to Calm a Crying Baby](#): BabyCenter Video, a six-minute video of helpful techniques to calm a crying baby.
- “The Hold.” <https://www.youtube.com/watch?v=j2C8MkY7Co8>

## **Tips for Stressed Caregivers:**

Tips for Parents and Caregivers from Childhelp.org:

**Be prepared.** Develop a crying plan before your baby is born. How will you deal with crying babies, frustrated feelings, and toddler misbehavior? Have a designated person to call if you are feeling frustrated. If you are feeling stress when you are with your baby, you are not alone.

- ✓ SKWAK! Safe Kid, Walk Away: If a caretaker gets angry at a child, they need to be sure the baby is safe and then walk away. “Get a grip before you grip.”
- ✓ COUNT TO 10 and CALL A FRIEND. Take time to breath, and find a support system.
- ✓ CALL the 24-hour Childhelp® National Abuse Hotline® at 1-800-4-A-CHILD (1-800-422-4453). All calls are FREE and CONFIDENTIAL. Their counselors will guide you through this stressful and challenging time.
- ✓ Helpguide: [When your baby won't stop crying](http://helpguide.org/When_your_baby_won't_stop_crying)

For more information, contact:

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